

Natural Inclusions

Paintings Combining the Art and Science of Life

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Preview

'Natural Inclusion' is to my mind a fundamental principle of Nature. This principle provides us with a navigational aid, *using our cavity at heart as compass*, which helps us to recognise and avoid the problems and falsehoods that arise from abstract perceptions that estrange Nature from human nature. Moreover, by recognising our bodily existence as an expression of, not an exception from natural energy flow, it enables us to discover ways in which we can live wiser, more loving, creative, sustainable and fulfilling lives. It is the evolutionary source of all the diversity of material form that emerges in Nature through the receptive-responsive relationship between space and flux – void stillness and energetic movement.

To understand this principle requires a shift from the abstract perception of space, time and material boundaries as sources of definitive separation between independent *objects*, to recognising them instead as mutually inclusive sources of natural continuity and dynamic distinction between *flow-forms*. In effect this represents a shift from rigidly static to fluidly dynamic framings of reality: from abstract 'freeze-framed geometry' to natural 'flow geometry'. Although I did not initially realise this, all my paintings made since 1969 illustrate this shift in perception. They all depict imaginary scenes, based on real experience and study of natural form, which often come into my mind 'out of the blue' rather than deliberate intent. They are sometimes accompanied by a poem. My role as artist is to allow these scenes to form in my mind and then to portray them to the best of my self-taught ability.

"SWALLOW HOLE"

Acrylic on Board, 2019

From superficial surface; To cavernous interior; To endless ocean;
To superficial surface; Life flows in cycles and spirals

Immersing us; Buoying us; Soothing us; Exciting us; Scaring us; As
we live its adventurous; Path

Between pools and rapids; Paddling our own canoes; Imagining we
hold our destiny; In our own hands; When, quite clearly; We don't

Swallowing life hole; Makes us well; Opposing life's current; Makes
it a bitter pill; To swallow



DARK & LIGHT: FLESH & BLOOD

Acrylic on Paper, 2019

I view the sun; Through outstretched fingers; Of my child's hand;
 And my child's eyes; Are filled with wonder
 What seemed so hard-edged - So sharply defined; Is no thing of the
 sort

I see dark; I see light; I see red; In blurry transition; From each
 into other
 When I cut myself; The redness flows; From inside to outside; From
 dark into light; Through my severed skin; Which holds me within
 Its tender envelope - My life's fluid;
 Container and sustainer

When I sun myself; I feel the warmth; Coming inside from outside
 From light into dark; Where I reside; Through my permissive skin
 Which welcomes in; What sustains and comforts; My life within
 I behold a leaf; With leaflets splayed; For taking in; The sun's red
 light; Through its breathing skin; Which holds within; Its living story
 - Green with craving- Spread through veins; From root to branch;
 And back again
 And my adult's heart leaps



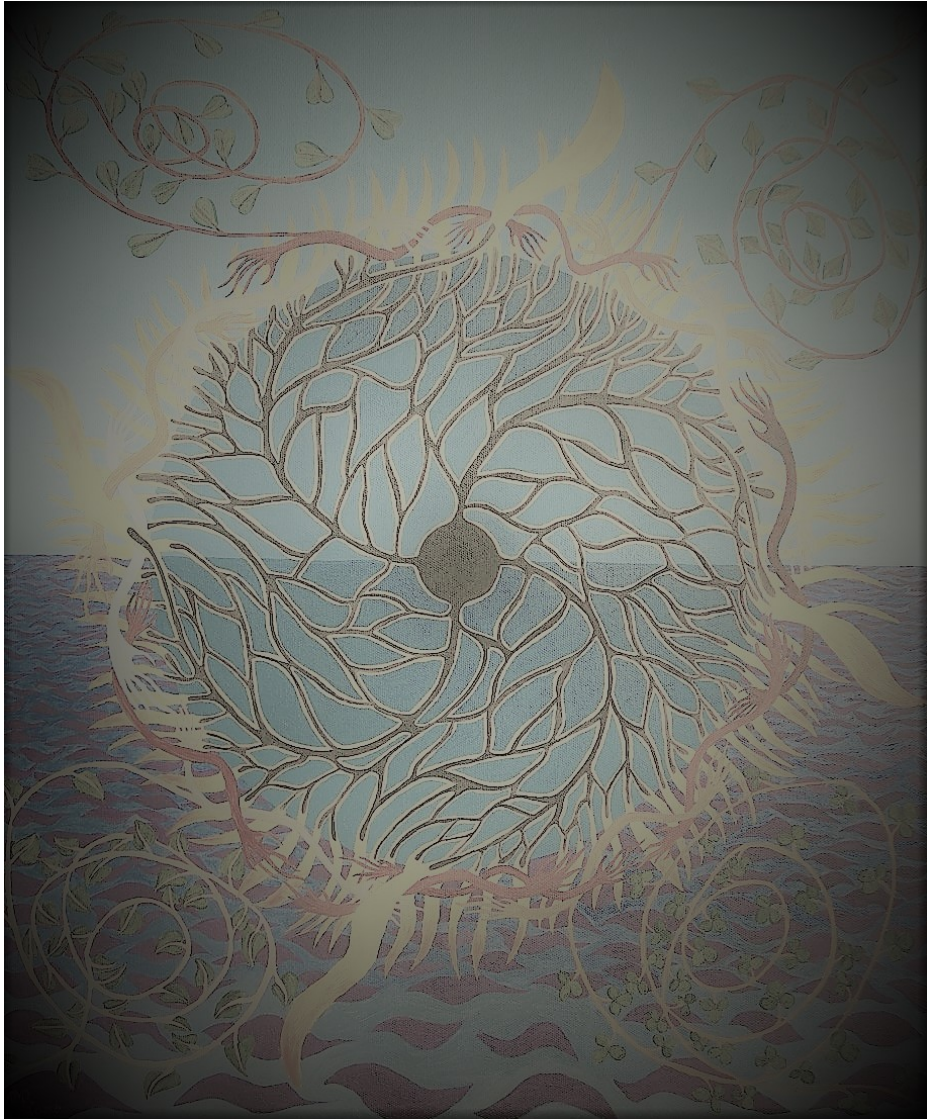
FADING VISION

Photograph of 'Holding Openness' (2005) viewed through Burlesque Filter, 2019

I glimpsed a hidden beauty; Enshrouded in a veil; Calling my
attention; To come closer and reveal; What lay behind her cover
Yearning to be known

I approached and gently started; To peel away the layers; Until,
there she stood,; Stark,; Naked; For any One to see; Her heart of
utmost darkness; Enveloped by a dance of fiery passion; Bringing
flesh to life in Earthly fashion; Betwixt the sea and sky

At last I knew the story; Of life behind the scenes; But as I strove
to share it; I saw a mist descend; Across a fading vision; Re-veiled

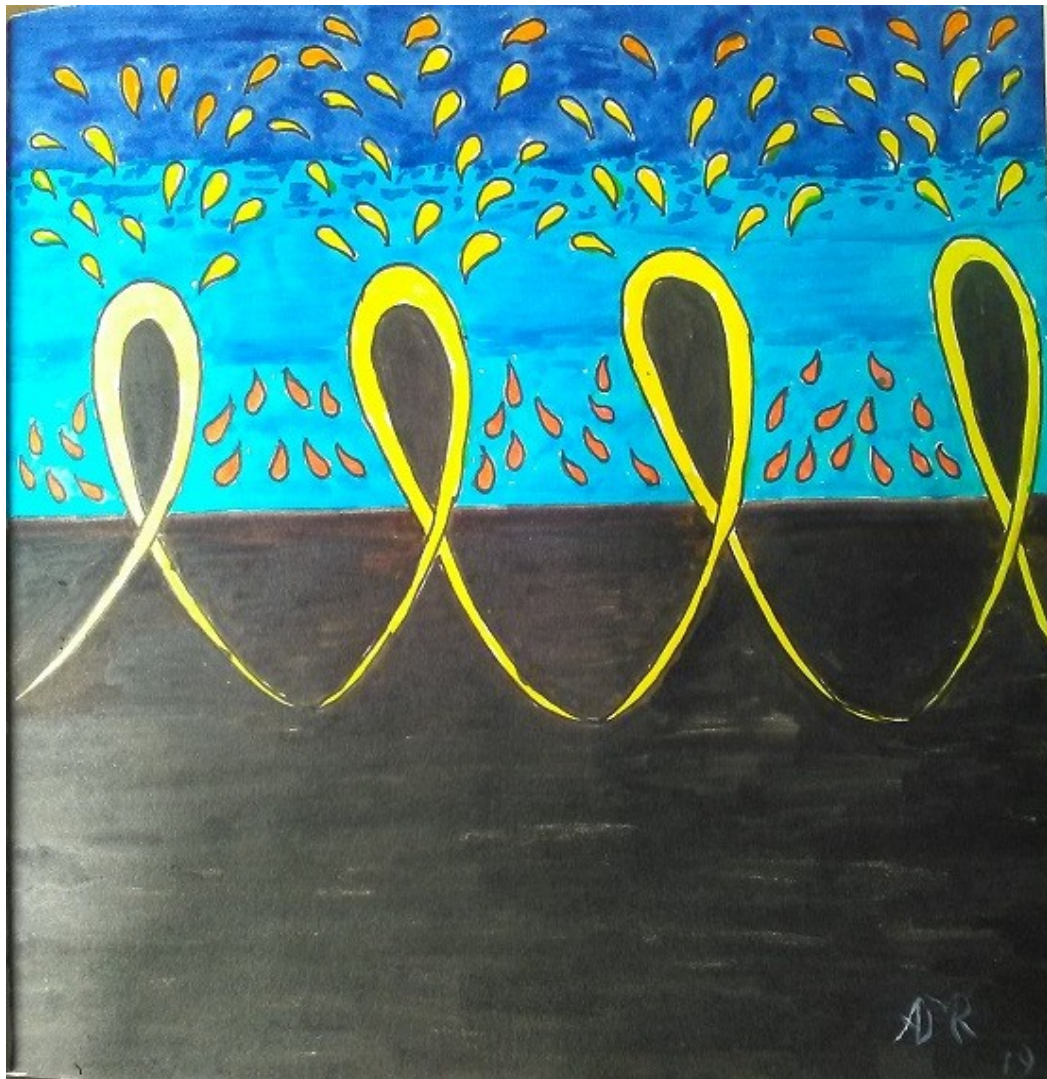


FORM AND FORMLESSNESS

And the Natural Inclusion of Each in the Other

Pen, ink and watercolour on paper, 2019

It's All so very Simple; Really
 There is Form; & There is Formlessness
 Split Apart; Neither Alone can make Sense of Life; But Each
 included in the Other; Falls naturally into Place
 Form Flows into and out; From Formless Existence; Formlessness
 Flows into Life; In Form
 Form pulls its own Weight; While Formlessness is Weightless; Until
 its two Great Architects -; Space & Light; Come Together; In Silent
 Stillness & Lively Motion; Every Night & Every Day; In Every Body
 Every Now & Every Then; Everywhere



A FLAME AND A FOUNTAIN

Pen, ink, acrylic and watercolour on paper, 2019

My Life, My Psyche; Is a Flame; And a Fountain; A marriage of
Entropy and Energy; Receptive Darkness and Responsive Light;
Transparent Silence and Flowing Sound; Awaiting the Possibility; To
Come Together; In Flower and Shower

Carefully tended; It can illuminate and warm; It can refresh and
cool

Abused or neglected; It can burn and extinguish; It can freeze and
drench

Yes, my life, my psyche is a flame and a fountain; And so too is
yours; Together we play; With fire and water; In the draughty air of
the future; Feeding from our earthy past; Immersed in the ever-
present Grace; The holding Space; That permeates and bathes us -

But we need to play carefully; With one another; If Life is to
Flourish; And Love is to last



CONFLUENCE

Watercolour, pen and ink on paper, 2019

Naturally inclusive democracy isn't binary; Pitting one against an other; In stark contrast; To pick a winner and dump a loser

.
Naturally inclusive democracy is coming together; In creative confluence; Around receptive, central silent stillness; That gathers each in other's influence; From far to near; In vibrant, swelling chorus

.
A swirl of many shades and hues; Combining kaleidoscopically; In symphonic variations; Around a central calling; That breathes in ceaseless motion; Neither for nor against any or many; But holding in the balance; All in one continuous evolution of soul and spirit; In natural communion of diversity



ANew LEAF

Acrylic on board, found dead maple leaf on paper, 2020

At the turn of the decade, I resolve to open up a new horizon, and to make a start by painting a new picture each month. I find a dead maple leaf in a gutter, beginning to disintegrate. I set out to resurrect it in the colours of freshly fallen autumn leaves, lifted up into clear blue sky, leaving behind its mirror image in a sky-filled hole.



THE PROMISE OF BIRCHES

Acrylic on board, 2020

Painted in April, recalling an idyllic visit made in early March to Arne, Dorset, and the feelings evoked while walking beside a stand of birch trees giving the impression of a natural cloister of white columns and arches surmounted by sprays of crimson branchlets awaiting the chance to burst into renewed life. That recollection was made all the more poignant under the new 'lockdown' restrictions affecting the UK. The painting was made quickly, in just one afternoon.



RADIANT RECEPTIVITY

Oil on board, 2020

To be a Guiding Light of Life
Radiating into Darkness
One needs to Receive the Light of Life
From out of Darkness
Into Flowing, Flowering Form
Around the Stillness
Within One's Dark Receptive Heart

This Place where Female calls Male receptively
Into welcoming Embrace
And Male receptively responds
In Spirited Congregation
Around the Altar of Her Soul
Bringing the Light of Life
To Flare from the Fathomless Depth of Being
That is Becoming
Endlessly



STITCHING IN TIME

Oil on board, 2020

Every moment is a turning point
In ever-present current
Carrying life across the gaps
In human memory
From future into past
Without a pause for thought
Yet dancing in the Stillness
The play of light in void
That brings relief to form
Flowing here and there in rhythms
Receiving and responding
In continuous relay
Throughout the day
Throughout the night
From season into season
Without the need for reason
To divide, make whole or keep to straight and narrow
Only dying to pass on



NIGHTBURST**Oil on board, 2020**

An expression of life emerging from darkness into conscious expression. For full description, see <https://admrayner.medium.com/nightburst-emergence-from-darkness-into-conscious-expression-b186cd4b97b3>

